

Special Monday Night Class!

Good Night Yoga Nidra with Danielle

Monday, June 19th, 7 – 8pm



This class is for you!

If you enjoy guided relaxation

If you like legs up the wall pose

If you crave a longer Shavasana

If you need a break from your to-do list

If you have trouble sleeping through the night

If you experience mental and/or physical stress

If you want to feel relaxed and comfortable in your body

This class is for you!